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NEWS
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SHARING.



Golfers swing with pros for charity promo

Public invited to H2O's Golf Island Green ahead of Nova Scotia Open **PAGE 3**

Mixed reactions as Ford marches back to reality

metronews **AR** Post-rehab Toronto mayor participates in Canada Day parade **PAGE 10**

Argentina's Angel saves World Cup run

Angel Di Maria scores late to defeat Swiss and the U.S. is stopped by Belgium **PAGE 21**

CELEBRATING A COUNTRY WHERE YOU'RE FREE TO DRESS LIKE HIM

THOUSANDS MARCH THROUGH HALIFAX ON CANADA DAY **PAGE 4**



Former Moose strays from the Herd



Former Halifax Mooseheads defenceman Steve Lund poses for a photo on the Halifax waterfront on Tuesday. **JEFF HARPER/METRO**

Off-ice dreams. Steve Lund making a name for himself as an actor after hanging up his skates

KRISTEN LIPSCOMBE
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Former Halifax Mooseheads defenceman Steve Lund has jumped head-first into his new career.

Fortunately, there's no helmet required for his starring role as werewolf Nick Sorrentino on Bitten, which airs on Canadian specialty channel Space and American cable station Syfy.

Lund's promising hockey career came to a halt six years ago after a serious concussion. The feisty blueliner had been selected fifth overall in the 2005 Quebec Major Junior Hockey League draft.

"We were in the doctor's office, and they did an MRI of my spinal cord, and there was some inflammation there," Lund, now 25, recalled of that life-changing moment.

"They were like, 'If you get hit the wrong way, you could

be a quadriplegic, and that was that," Lund added Tuesday, while sipping a coffee and taking in the sun on the Halifax waterfront during a trip home from Toronto to visit family and friends.

What became very clear for Lund is there was another path to success, and for him that meant pursuing his lifelong passion for acting.

"I was always telling people I was going to be an actor, when I was four, five, six," he said, citing Indiana Jones as his childhood idol. "And then I started playing hockey very often, and I grew very fast, and hockey took over."

His health shut down his goal of going pro, but opened up the chance "to do what I actually want to do."

"I still have a long way to go, but it's been incredibly exciting," Lund said of his new dream. "I didn't know I could

Following his passion

"I still have a long way to go, but it's been incredibly exciting."

Former Mooseheads player Steve Lund

Hockey career

Steve Lund played for the Halifax Mooseheads and also the Prince Edward Island Rocket during his QMJHL career between 2005-08.

feel this comfortable doing something."

Lund will soon be on set for a Christmas movie to air on The Hallmark Channel, in addition to rejoining the cast of Bitten to shoot a second season this fall.

He credits hockey for helping teach him "what it took to succeed," and still plays pick-up when he can, keeping him in werewolf shape.

"That team mentality has been present in every one of my jobs, most notably now with this show Bitten," he said. "To ... work collectively, as a unit, really makes a huge difference on camera."

Whether playing in the big league or on the big screen, Lund's advice is to "take care of your head" and "give it your all."

"Doing what you love is the key to ultimate happiness," he said.

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Heading this way

First hurricane could strike N.S. as a tropical storm

Arthur, the season's first Atlantic named storm, is set to enter Nova Scotia waters as a Category 1 hurricane Saturday, before quickly losing steam on Sunday as it undergoes extratropical transition.

The system, which was southeast of Cape Canaveral, Fla., officially became the first storm of the season on Tuesday.

The U.S. National Hurricane Center forecasts the system will turn into a weak Category 1 hurricane, just off North Carolina's Outer Banks by July 4 as it moves along the coast.

SHELBURNE COAST GUARD

87-year-old arena

Meeting looks at future of Halifax Forum

A public meeting on the future of the Halifax Forum is taking place on Wednesday at 7 p.m. inside the north-end facility.

The future of the 87-year-old arena is in doubt. City staff recommend it be torn down and a new, four-pad rink be built at neighbouring CFB Windsor Park.

That idea isn't going over very well with some councillors, who noted at a recent council meeting that community groups use the arena for more than just its ice surfaces.

Most seemed to prefer a proposal submitted to renovate the facility, adding a gym and a third ice surface.

METRO



Truro's Eric Banks tees off on the waterfront on Tuesday, as part of a promotion for this week's Nova Scotia Open. JEFF HARPER/METRO

It's all water under the green

Making a splash.

Golf pros face off with public for GOLFest preview



HALEY RYAN
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Terry Chickness took a couple of swings of a golf club on the Halifax waterfront, before lining up behind the ball and eying the floating green in front of him.

He swung, and the ball sailed over the water, dropping in with a splash, just short of the green.

"It was harder than we

Quoted

"You have the opportunity to play against some of the best in the world."

Joe Panzeri of the Nova Scotia Open, which runs Thursday through Sunday at the Ashburn Golf Club

thought," Chickness said on Tuesday after both he and his son went up against professional golfers from the Web.com Tour and had three tries to land a golf ball on H20's Golf Island Green.

"I put two over it and one short of it, but it was still fun trying for it."

Fans were able to chip three balls for \$50, with proceeds going to the Queen Elizabeth II Health Sciences Centre, and

see how they fared against the likes of Joe Panzeri, a member of the Web.com Tour who will be competing at Ashburn Golf Club later this week for GOLFest's Nova Scotia Open.

Panzeri, originally from Idaho, landed a couple on the island about 40 yards into the harbour but said it was "a tough little shot" because you had to land it within five yards of the pin and hope the ball didn't bounce off.

He said a goal for the tournament is to finish in the top 25 so he could get "shuffled in" to their list because he has conditional status right now.

"One good week can change that, come out here and play solid," Panzeri said.

"It's a good place to learn how to be a professional and just get better and better."

Eric Banks of Truro, who competes with the University of Florida's golf team, chipped a few onto the green Tuesday and said he was "pretty pumped up" when he learned he would be one of the exemptions to play the Nova Scotia Open.

"It's kind of a home game for me and I'm looking forward to it," Banks said.

1 NEWS

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Thousands celebrate 'a place like nowhere else'

Canada Day. Man who has seen 'real poverty' abroad counts Canada's many, many blessings



HALEY RYAN

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A woman in a long red dress and a tall red-and-white Canada hat, with stickers shining in the sun, blew on a whistle and waved to the bands, military groups and dancers marching in the Royal Nova Scotia International Tattoo parade as music filled the air on Brunswick Street.

Helen Hartley, decked out in red and white, was among hundreds who lined the Canada Day parade route in downtown Halifax or sat on Citadel Hill to get a good view.

"Any time there's a band, I'm there. It's a wonder I wasn't out in the middle marching along," Hartley said with a laugh.

Mylissa Landry, 25, who wore a red-and-white headband with antennae as she walked amid huge crowds on the Halifax waterfront, said she loves Canada Day because the atmosphere "is just so much fun."

"You see the flags everywhere ... all the random

Wavin' flags

20,000

Jason Hubbard, a.k.a. "Captain Canada," says he's handed out more than 20,000 flags for Canada Day since 2002.



Members of the Juliana Bicycle Team of the Netherlands head down Brunswick Street as part of the annual Royal Nova Scotia International Tattoo Canada Day parade on Tuesday. The Tattoo runs at the Metro Centre through July 8. JEFF HARPER/METRO

things people put on, even just to wear red and white — it's really cool to see that," she said.

Jason Hubbard, a 34-year-old Department of National Defence employee, said he's been dressing as "Captain Canada" — clad all in red with a Canadian flag cape and impressive hat — for 12 years, usually handing out flags to kids enjoying the day.

He said it started in 2002 when he went downtown

in full costume, but the bar wasn't open yet so he joined people giving out flags on the waterfront "and it just kind of evolved from there."

Hubbard lived in Cairo during the early 1990s, where he saw the Gulf War and "real poverty." He said his whole perspective changed when he came home.

"I'm just naturally proud of being a Canadian, so this is my way of kind of giving back and encouraging

people to get crazy and have fun on Canada Day," Hubbard said.

He said there's "so much freedom we don't realize" compared to some countries, where there is no work whatsoever or a woman could be arrested for showing her shoulder.

"In the balance of things, the freedoms we do have compared to the few restrictions we have, Canada's a place like nowhere else," he said.



Stephanie Rousseau gets her photo taken with Captain Canada, a.k.a. Jason Hubbard, at Citadel Hill. JEFF HARPER/METRO

Lack of dialogue led to EI anxiety: Report

A lot of distress in Atlantic Canada over Employment Insurance changes could have been avoided had Ottawa consulted properly with the provinces before implementing the new rules, says a report ordered by the region's premiers.

The panel report, released Monday, was commissioned

last year after the federal government introduced changes it said would better connect Canadians with available jobs.

But the 109-page report says the changes have created a lot of confusion, particularly a rule surrounding acceptable commuting times.

Under the changes, jobs may be considered suitable

if they are within a one-hour commute from the claimant's home and the pay is at least 70 per cent of their previous salary. Commutes could be longer, depending on the claimant's commuting history.

The panel says the change has created fear among some claimants who've previously

accepted jobs outside of their province.

"The concern raised was that people would be forced to return to out-of-province locations by Service Canada or penalized if they did not," says the report, which involved consultations with EI claimants, community groups, businesses and gov-

ernment representatives.

"At a time when the provinces are supporting and encouraging workers to repatriate to the Atlantic provinces, this is a concern."

The region's premiers have repeatedly expressed concerns the changes will hurt seasonal industries and businesses. **THE CANADIAN PRESS**

Reasoning

The federal government has said the changes were required as a result of unprecedented labour and skills shortages, and could save the public treasury \$33 million this year.

Investigation. Armed men rob taxi driver at gunpoint, police say

Officers are investigating a taxi driver's complaint that he was held up at gunpoint early Tuesday morning in Halifax, according to police.

Around 1:20 a.m., police said a taxi was called to an address on Huron Street.

When he arrived, two men approached his car.

That's when police say one of the men got inside and demanded money.

The other man pointed a handgun at the driver, police said.

The driver handed over his money and the two suspects then fled on foot to-

Who to call

Anyone with information is asked to contact police at 490-5020 or Crime Stoppers at 1-800-222-8477(TIPS).

wards Federal Avenue.

Police describe both suspects as black men about the age of 17 or 18.

The men were wearing black hoodies and black pants.

Police said the suspect armed with the gun had a mask over his face. **METRO**

King Street mugging. Man robbed outside downtown Dartmouth hotel: Police

A 43-year-old man is facing a robbery charge after a hold-up outside a downtown Dartmouth hotel on Monday night.

Just before midnight, police say a man was walking back to the Dartmouth Oceanview Hotel on King Street when a another man armed with a knife demanded he hand over his money.

The first man complied, then went into the hotel and called police.

Officers arrived a short time later and, with the help of a K9 unit, arrested a 43-year-old from Dartmouth.

The victim wasn't injured. The accused is due in Dartmouth provincial court Wednesday charged with robbery.

METRO

Minor injuries

Six-year-old girl run over by teen

A six-year-old girl on a scooter was run over by a car Monday evening in Dartmouth after police say a 17-year-old driver tried turn-

ing around on a residential street in the 0 to 100 block of Kennedy Drive.

The girl was taken to the IWK Health Centre to be treated for minor injuries.

The driver was issued a ticket for driving with a suspended licence.

METRO



Police at the scene Monday evening where a woman's body was found. NEW GLASGOW NEWS

Woman's body found in woods of N.S. town

Westville. No new information released pending an autopsy

An investigation continues after a woman's body was found in the woods near the intersection of Office and Diamond streets in Westville, near New Glasgow.

Westville police Chief Donald Husscher said the woman's body was discovered by someone walking in the area around 3:20 p.m. on Monday.

The body has been sent for an autopsy and until the police get those results he said they won't be releasing any more information.

Husscher said police would wait for the autopsy results

to determine if foul play is suspected. He also declined to comment on how long the body appeared to have been there.

Police were at the scene much of Monday until approximately 9:10 p.m. when the road was reopened. An officer was left to maintain the perimeter near the woods.

At roughly 8:45 p.m. Mon-

day an officer was seen leaving the woods with a few bags, which were loaded into one of the RCMP's Forensic Identification trucks.

Stellarton Police, as well as the Northeast Nova RCMP Major Crime Unit and Forensic Identification officers assisted Westville Police Department in their investigation.

NEW GLASGOW NEWS

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24 dogs left in hot cars: Cops

Pets in danger. Call, don't tweet, if you see a pet in a car, police say

Halifax Regional Police are urging concerned citizens to pick up the phone and make a call when they see a dog left in a hot car, rather than raising the alarm on Twitter or Facebook.

Police officers responded to 24 cases of dogs left in cars from Friday to Sunday, in one case resorting to breaking the car window when the dog appeared to be in distress.

"It becomes extremely hot, extremely fast, in the car and people don't realize that," said Const. Pierre Bourdages.

Bourdages said the force appreciates the vigilance of concerned citizens, but asked that people call 490-5020 or 911 to alert the cops instead of turning to social media.

"We've seen over the weekend where people have tweeted us a picture of a car with the dog inside," he said. "It's great that people think of us

and reach out to us through social media, but we're not manned 24/7."

Bourdages said dispatchers are on duty around the clock, and will be able to ask follow up with questions to determine the appropriate response.

The case that ended with an officer breaking a car window happened around 3 p.m. Saturday at Mic Mac Mall. Mall security had paged the owner of the car repeatedly after being told about the dog in the car.

"By the time the individual came back to the car, it was almost 45 minutes," said Bourdages. "The officer had to break the window, the dog was getting very sluggish."

Bourdages said the pooch was placed in an air-conditioned cruiser and given water.

He said there's currently no ticket that can be given to owners who leave their dogs alone in such circumstances.

"In extreme circumstances where injuries or death occur, then charges can be laid," he said. "But there's nothing currently in any legislation that would allow us to lay a ticket or a fine."



Two dogs look out the window of a vehicle parked with only its window slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO

Quoted

"It's not a spot to leave anything, pets, children, anything living." Regional Police spokesman Const. Pierre Bourdages

Shelburne County fisherman dies as anchor knocks him overboard

A tragic incident has claimed the life of a 40-year-old Shelburne County fisherman on Georges Bank.

Barrington RCMP say Richard MacMillan Hiltz, of Port Clyde, died Sunday night when the boat's anchor struck him on the head, knocking him overboard.

Crew members on the Nip 'n Tuck managed to get the

Workplace deaths

6

This is the sixth workplace fatality this year, and the third acute fatality. In 2013, 34 Nova Scotians died at work, including six Shelburne County fishermen, five of whom were lost in the Miss Ally tragedy.

fisherman back on board, but

he died a short time later. The fishing boat has since returned to port at the West Head Wharf.

The investigation has been passed from the RCMP to provincial Occupational Health and Safety investigators.

Labour and Advanced Education Minister Kelly Regan offered condolences to the family, friends and loved ones

of the fisherman.

"My thoughts are with his loved ones during this extremely difficult time," said Regan. "I want to assure the family that we will help find out why this happened."

The Department of Labour and Advanced Education's occupational health and safety division is investigating on site. **SHELBURNE COAST GUARD**

Robbery. Charges laid after broad-daylight heist occurs at RBC branch

Halifax Regional Police have arrested a man after a broad-daylight robbery on Spring Garden Road.

A man walking into the RBC branch at the corner of Spring Garden and Summer Street around 12:10 p.m. Monday, said he had a weapon, and demanded money.

He took off on foot after getting a sum of cash.

A release from police issued around 4 p.m. states that investigators received a tip at 3:45 p.m. that a man matching the suspect's description was walking in the 6100 block of Almon Street.

Robert Leo White was arrested without incident and is now charged with robbery.

There were no injuries in the incident. **METRO**

\$13.4M a year

Province signs training deal with Ottawa

Nova Scotia has signed a new skills and training agreement with the federal government that will see it receive \$13.4 million a year for six years.

Kelly Regan, the province's labour and advanced educa-

tion minister, says the funding will help unemployed people and workers with low skill levels to continue to benefit from training programs and employment services.

The government says the



Kelly Regan
JEFF HARPER/METRO

agreement also encourages companies to invest in skills development at an affordable cost.

Different programs are funded under the agreement, including one that helps people with disabilities find jobs. Another is aimed at giving unemployed older workers in rural communities the training they need to get back into the workforce.

THE CANADIAN PRESS

Fatal crash

Police ID motorcyclist

RCMP say 69-year-old Thomas Charles Warren of Birch Grove died after crashing his motorcycle Saturday. Police say he was travelling eastbound on Highway 4 near Hay Cove when he hit the shoulder and lost control. **THE CANADIAN PRESS**

Minor injuries

Girl struck in crosswalk

A 14-year-old girl has been hospitalized with "non-life threatening minor injuries" after an accident in Sackville.

A release from Halifax RCMP states the accident happened on Sackville Drive at Connolly Road around

8:40 a.m. Monday, but wasn't reported to police until 12:38 p.m.

The victim was in the crosswalk when she was hit by an SUV turning left onto Sackville Drive.

Her family took her to the hospital some time later.

The woman who was driving the SUV is cooperating with police and the incident remains under investigation. **METRO**

Court upholds France's ban on veils

The European Court of Human Rights on Tuesday upheld France's law banning face-covering Muslim veils from the streets, in a case brought by a woman who claimed her freedom of religion was violated.

The ruling by the Strasbourg-based court was the first of its kind since France passed a law in 2010 that for-

bids anyone to hide his or her face in an array of places, including the street.

The court's Grand Chamber rejected the arguments of the French woman in her mid-20s, a practising Muslim not identified by name. She said she doesn't hide her face at all times, but when she does, it is to be at peace with her faith, her culture and

Face-covering fine

150

Number of euros (\$218) anyone who covers their face can be fined under French law — or they can be sent to a citizenship class.

convictions. She stressed in her complaint that no one, in-

cluding her husband, forced her to conceal her face.

The court ruled that the law's bid to promote harmony in a diverse population is legitimate and doesn't breach the European Convention on Human Rights.

Critics of the ban contend the law targets Muslims and stigmatizes Islam.

THE ASSOCIATED PRESS



A woman named Najat is shown at a news conference in May 2010, holding her French passport. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS FILE

Sarkozy. Ex-president of France allegedly linked to \$50M from Gadhafi

Former French President Nicolas Sarkozy was in police custody Tuesday, apparently under questioning in an investigation linked to allegations that he took \$50 million in illegal campaign funds from Libya's Moammar Gadhafi.

But will the shocking detention and sordid case torpedo Sarkozy's chances at a presidential comeback?

Maybe not.

Sarkozy, a political survivor who's been touring the world with his pop singer wife, is still among the most popular politicians in France despite a pile of investigations that target him.

The 59-year-old hasn't been convicted of anything and remains well-known on the international stage. And he may be his troubled conservative party's best chance to regain the presidency in 2017, after losing it to Socialist Francois Hollande in 2012.

A judicial official said



Former French president Nicolas Sarkozy, 59, remains popular. LIONEL CIRONNEAU/THE ASSOCIATED PRESS FILE

Sarkozy was detained for questioning Tuesday at the headquarters of the judicial police in the Paris suburb of Nanterre. French police would not provide any details.

BFM television said late Tuesday night that Sarkozy was transferred to an investigating judge, who could charge him, name him as a witness, or release him.

Sarkozy has vigorously denied wrongdoing.

THE ASSOCIATED PRESS

Changing times

Russia abandons endless 'summer'

Russia's legislature, often accused of metaphorically turning back the clock, has decided to do it literally — abandoning the widely disliked policy of keeping the country on daylight-saving time year-round.

The 2011 move to impose permanent "summer time" was one of the least popular initiatives of Dmitry Medvedev's presidency.

It forced tens of millions to struggle to their jobs in pitch darkness during the winter months.

THE ASSOCIATED PRESS

Conviction overturned

'Cannibal cop' released from jail

A former New York Police Department officer left jail on Tuesday after a judge overturned his conviction in a bizarre case accusing him of plotting to kidnap, kill and eat young women.

Judge Paul Gardephe ruled that there was insufficient evidence to support a jury's guilty verdict in the kidnapping conspiracy conviction of Gilberto Valle, 40.

His lawyers had argued that the alleged plots were really fantasy online role play that never put anyone in harm's way.

THE ASSOCIATED PRESS



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Violence erupts in Ukraine as peace talks are called off

Broken ceasefire.

Ukrainian military uses heavy artillery, airstrikes against separatists, while rebels attack Donetsk

Ukrainian forces and pro-Russia separatists fought with heavy weapons in the country's east Tuesday, and the rebels captured the Interior Ministry headquarters in a major city after an hours-long gun battle, a day after the president said rebels weren't serious about peace talks and ended a ceasefire.

The often-broken ceasefire had given European leaders 10 days to search in vain for a peace deal, and its end raised the prospect of an escalation in a conflict that has already killed more than 400 people.

Ukrainian forces have been unable to suppress the rebels

in two months of fighting — and it was not clear now what they would be doing differently to change that situation.

President Petro Poroshenko had called a unilateral ceasefire to try to persuade the rebels to lay down their weapons and hold peace talks. Some of the rebels later signed onto the ceasefire as talks began. But each side accused the other of violations.

Poroshenko announced the end of the ceasefire on Monday night, and on Tuesday the military made artillery and airstrikes against separatist positions, Defence Ministry spokesman Oleksiy Dmytrashkovsky told the Interfax news agency.

In Donetsk, rebels attacked a police building, and fighting raged in the city centre. The streets were deserted and rifle fire could be heard. After hours of gun battles, the rebels took over the Interior Ministry compound, and the body of a plainclothes police officer lay outside. **THE ASSOCIATED PRESS**



People are removed from a hospital during fighting near a regional police department in Donetsk, Ukraine, Tuesday.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

European response

EU threatens sanctions

European leaders have threatened a new round of economic sanctions against Russia if it and the rebels don't meet conditions set by Poroshenko. But ambassadors from the European Union's 28 governments decided Tuesday in Brussels that they were not ready to impose new sanctions, instead agreeing to prepare a proposal to be decided at their next meeting Monday, according to an EU official.

That proposal would target those responsible for fomenting unrest, says a diplomat from a major EU country, and could include travel bans and asset freezes for individuals and companies. **THE ASSOCIATED PRESS**

Israel

Thousands mourn slain teens, military targets Hamas

Tens of thousands of mourners converged Tuesday in Israel for a funeral service for three teenagers found dead in the West Bank after a two-week search and crackdown on the Hamas militant group, which Israeli leaders have accused of abducting and kill-

ing the young men.

The deaths of Eyal Yifrah, 19, Gilad Shaar, 16, and Naftali Fraenkel, a 16-year-old with dual Israeli-American citizenship, have prompted angry calls for revenge.

Prime Minister Benjamin Netanyahu convened his security cabinet for an emergency meeting to discuss a response to the killings, hours after airstrikes targeted dozens of suspected Hamas positions in the Gaza Strip.

THE ASSOCIATED PRESS

India

Survivors found three days after building collapse

Rescuers pulled seven more survivors from under the concrete ruins of a collapsed 11-storey building on Tuesday, three days after it toppled and killed at least 29 people in southern India, officials said.

Already, 26 people have

been rescued alive from under the enormous heap of broken slabs, twisted iron girders and concrete dust where the apartment was being constructed in a suburb of Chennai, the south-coast capital of Tamil Nadu state, according to the National Disaster Response Force.

Hundreds of rescue workers, wearing hard hats and breathing masks, were likely to continue searching at least another day.

THE ASSOCIATED PRESS

South Africa. Pistorius feared for personal safety, agent testifies

Oscar Pistorius had a heightened concern for his personal safety and was making plans to take girlfriend Reeva Steenkamp on international trips shortly before he fatally shot her, his agent testified at the double-amputee runner's murder trial Tuesday.

The defence called Peet van Zyl to the stand in an attempt to bolster Pistorius' account that he mistook Steenkamp for an intruder, providing testimony about a loving relationship and a fear of crime that may have pushed the Paralympian to fire through a closed toilet door.

Van Zyl faced tough questioning from the chief prosecutor, however, about Pistorius' alleged egotism and tantrums, high-speed driving and love of guns. The prosecution maintains that he intentionally killed Steenkamp on Feb. 14, 2013. **THE ASSOCIATED PRESS**

2014

BETWEEN:

SUPREME COURT OF NOVA SCOTIA
BANK OF MONTREAL, one of the chartered banks of Canada
- and -
JEFFREY CHARLES BOLTON

Hix No. 4236296

PLAINTIFF

DEFENDANT

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY: ALL that certain parcel of land known as 19 Clermont Crescent, Cole Harbour, Halifax County, Nova Scotia, also known as PID 40204638 and more fully described in the mortgage recorded at the Halifax County, Land Registration Office as document number 99813736. The parcel has been registered pursuant to the *Land Registration Act*.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: July 3, 2014

Time of Sale: 10:30 am in the morning local time

Place of Sale: Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the day of June, 2014.

Jonathan J. Saumier
1800-1801 Hollis Street
Halifax, NS B3J 3N4
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11257-1061673nmh

Stephen Kingston, Barrister
McInnes Cooper

TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Disclosure ft Sam Smith Latch
- 5 DJ Snake ft Lil John Turn Down For What
- 4 Chromeo Jealous (I Ain't With It)
- 3 Sam Smith Stay With Me
- 2 Ariana Grande ft Iggy Azalea Problem
- 1 Iggy Azalea ft Charlie XCX Fancy

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Brave young woman battles painful genetic skin disease

Epidermolysis bullosa (EB). There is no cure but researchers are investigating stem-cell and gene therapies

What can you say about a girl named Mary? What can you say about someone barely out of her teens whose goal is to help others because she's had experiences with life-long pain? What can you say about someone who thanked each and every member of her surgical team after they amputated her leg?

What do we say about Mary Haddad?

Seeing her lying in a hospital bed recovering from the surgery, it's hard to believe this elfin patient with the child-like voice is 20 years old, until she describes — without a trace of self-pity and with a wisdom seemingly beyond her years — what life has been like for her as a so-called “butterfly child.”

Haddad was born with epidermolysis bullosa, or EB, a rare genetic disorder that causes her skin to blister and fall off, sometimes even with the slightest touch. The sores can turn into deep, ulcerated wounds, which may take months to heal and can be excruciatingly painful.

EB can take three forms,



Mary Haddad, 20, who has the skin disorder epidermolysis bullosa, at Toronto's St. Michael's Hospital on June 25. CHRIS YOUNG/THE CANADIAN PRESS

from the mildest to the most severe. Haddad has dystrophic EB, the second most severe form.

On June 12, doctors at Toronto's St. Michael's Hospital removed her right leg above the knee in an operation that took eight hours, including about two hours for the team to prep their delicate patient.

What appeared to be one

of her usual blisters on the front of her right ankle had morphed into a huge wound, which a number of painful biopsies revealed to be squamous cell carcinoma — a relatively benign skin cancer for anyone else, but fast-spreading and deadly for those with EB. Her specialist said amputation was the only option to save her life.

Once discharged, Haddad will be transferred to a rehabilitation hospital, where a super-padded prosthetic leg will be designed for her to restore her mobility.

It's difficult to say what Haddad's prognosis is: as long as she has wounds, she is at risk of developing skin cancer again, says her surgeon. But the blistering that once

'Butterfly children'

“Being touched, it was like surgery.”

Mary Haddad
The 20-year-old lives bravely with a rare skin disease called epidermolysis bullosa.

marred her face, chest and abdomen has disappeared.

THE CANADIAN PRESS

Canada in space

Our astronauts face long wait for next space trip

A NASA official says no Canadian astronauts will be heading to the International Space Station for a while because all flights have been booked through to the end of 2016.

Under a bartering system, Canada collects “credits” based on its contributions to the development of the orbiting space lab, with the credits traded in for trips by astronauts. NASA's Bob Behnken says Canada used up most of its credits for Chris Hadfield's five-month visit, which ended in May 2013.

THE CANADIAN PRESS

Alabama

Sex offender camp is closed

Believing it was his calling to reach out to sex offenders, Pastor Ricky Martin built a little church and opened a camp out back for the men. With the help of some former inmates convicted of rape, sodomy, child sexual abuse and other crimes, Martin raised a chapel in rural Alabama in 2010 and parked campers behind it. The refuge came to an end Tuesday, when a law passed earlier by the Alabama Legislature shut it down. THE ASSOCIATED PRESS

HOCKEY

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Flooding causes chaos in Prairies

Saskatchewan and Manitoba. Dozens of communities under states of emergency as heavy rains force more than 500 from homes

More than 150 acute-care patients and long-term residents were moved from a hospital in eastern Saskatchewan because of flooding.

The full-scale evacuation at St. Peter's Hospital in the city of Melville, about 145 kilometres northeast of Regina, took place because a creek behind the facility was rising Tuesday.

Emergency management commissioner Duane McKay says the water has not entered the hospital and crews are

building a berm on a driveway behind the facility.

"The water has not touched the building and the work that's going there is to ensure that it never gets to the building," said McKay.

The evacuation comes because a deluge of rain caused widespread flooding in eastern Saskatchewan and western Manitoba.

Officials had said Monday that parts of southeast Saskatchewan got more than 240 millimetres of rain over the weekend, while some parts of western Manitoba reported more than 100 millimetres. However, those figures came out while the water was still coming down in many communities.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba. That number will

'Unprecedented'

Saskatchewan Premier Brad Wall says early estimates show the "unprecedented rainstorm and flooding" will be costly.

- "We think we're looking at an event that was larger in financial impact than the 2011 flood because it's so widespread, because the number of communities are so significant and

also because of the major infrastructure and highway damage," Wall said Tuesday in Saskatoon.

- Wall said it's hard to assess some of the highway damage because the roads are still under water. At least 19 sections of highways in eastern Saskatchewan were closed to travel Tuesday.

likely rise as officials started asking people living along the river in Virden, Man., to leave their homes on Monday night.

Saskatchewan Social Services says communities have stepped up to help each other.

For example, people who fled their homes in Gainsborough, Sask., on Sunday night

found themselves welcomed into homes by residents in the town of Carnduff. An emergency shelter set up for the evacuees was empty.

Meanwhile, McKay also says the number of communities under states of emergency has jumped to 53 in Saskatchewan. **THE CANADIAN PRESS**



More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba due to widespread flooding. COURTESY SASKATCHEWAN MINISTRY OF HIGHWAYS

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Rob Ford greets Torontonians on Canada Day. **THE CANADIAN PRESS**

AUGMENTED REALITY

→ From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.



→ See full instructions on Metro's Voices page.

Ford greeted by boosters, booers during parade

Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said while his aides handed out mini "Ford Nation" flags and magnets to the crowd.

His march along the parade route was slow and halting, leaving him lagging behind rivals John Tory and Olivia Chow as a steady stream of fans stopped to take their picture with him and shake his hand.

Supporter Helen Papathanasakis said he seems to have benefited from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

Others weren't so eager to see Ford among the marchers.

"It's a travesty to have him in the East York parade.... I just don't think I can stand here and not say something against his presence," said Elinor Mahoney. **THE CANADIAN PRESS**

Dov Charney



American Apparel founder fights back

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998.

Charney was able to increase his stake through a partnership with financial firm Standard General, which is loaning him the money. But the board is scrambling to make its own moves to keep him out. **THE ASSOCIATED PRESS**

Dating app

Tinder co-founder hit with sexual harassment suit

IAC/InterActiveCorp has suspended a co-founder of its popular dating app Tinder in the wake of a lawsuit accusing him of sexually harassing a female executive of the company.

The lawsuit, filed Monday in Los Angeles Superior Court, claims that Tinder's founders engaged in "atrocious sexual harassment and sex discrimination" of the woman, Whitney Wolfe. Wolfe, also a co-founder, was the face of West Hollywood, Calif.-based Tinder's marketing efforts to young women, according to the suit.

The lawsuit paints Wolfe as instrumental in shaping Tinder, including coming up with the name after CEO Sean Rad proposed to call it Tender. **THE ASSOCIATED PRESS**

Market Minute

NATURAL GAS
\$4.44 US
(no change)

GOLD
\$1,326.80 US
(-\$0.70)

TSX closed for Canada Day.

New gadgets to track your every swing, step and shot

Growing business.

Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a \$2-billion industry

LIA
GRAINGER
halifax@metronews.ca

There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice. Now, thanks to a booming \$2-billion digital-health industry, there's a whole range of sport-specific tech gadgets that claim to help both professional and amateur athletes train smarter.

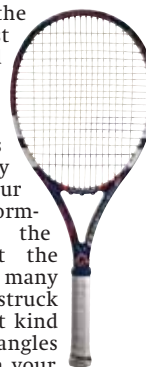
"Never before have you been able to so easily gauge your performance," says col-

umnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, \$450

Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, what kind of spins and angles you've put on your shots. "How many



times have you used your forehand and backhand? Now you can get that information," Saltzman says. All of the information can be loaded to a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VÍVOFIT, \$150

Activity trackers that count your steps, stairs and strides per day are nothing new, but this bracelet-style fitness band stands out from the pack thanks to its year-long battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.



BEST FOR BASEBALL: EASTON POWER SENSOR, \$150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed on-screen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, \$150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber for less risky blows to the head and red when the hit is hard enough to merit getting that noggin looked at.



Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRIUM, \$150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.



U.S. Birth-control coverage fight turns store owner into 'hero' for religious right

David Green felt like the black sheep of his family. His five other siblings had followed their preacher father into church work; David went into retail.

But as his business successes mounted, he found his religious calling: using the financial might from his Hobby Lobby arts and crafts chain as an engine for evangelism.

That mission, until recent years carried out largely within the world of Pentecostal Christianity, took the 72-year-old Green all the way to a landmark victory Monday at the U.S. Supreme Court over the birth-control coverage rule in President Barack Obama's

health-care overhaul.

"They'll be heroes to the very conservative religious people who are very much against abortion," said Vinson Synan, a friend of the Greens and a prominent scholar of Pentecostal history at Regent University.

The justices ruled 5-4 that requiring closely-held companies such as Hobby Lobby to pay for methods of women's contraception to which they object violates the corporations' religious freedom. It was the first time the high court has declared that businesses can hold religious views under federal law in the U.S.

THE ASSOCIATED PRESS



Rev. Bruce Prescott, left, applauds during a vigil outside a Hobby Lobby store in Edmond, Okla., on Monday. SUE OGROCKI/THE ASSOCIATED PRESS

NOTICE

Registration of Undertaking for Environmental Assessment ENVIRONMENT ACT

This is to advise that on July 2, 2014, Chebucto Terence Bay Wind Field Limited registered a Chebucto Terence Bay Wind Farm for environmental assessment, in accordance with Part IV of the Environment Act.

The purpose of the proposed undertaking is to develop three wind turbines to generate up to 7.2 MW of power on lands in the River Road area near Terence Bay to the southwest of downtown Halifax in HRM. Construction will commence in the fall 2014 with operation expected in the fall of 2015.

Copies of the environmental assessment registration information may be examined at the following locations:

- Prospect Community Centre, 2141 Prospect Road, Hatchet Lake, B3T 1S1
- Keshen Goodman Public Library, 330 Lacewood Drive, Halifax, NS
- Ecology Action Centre, 2705 Fern Lane, Halifax, NS
- Nova Scotia Environment, 30 Damascus Road, Suite 115, Bedford Commons, Bedford NS
- Nova Scotia Environment Library, 2nd floor, Halifax Office, Suite 2085-1903 Barrington St. Halifax, NS
- EA website (when available) <http://www.gov.ns.ca/nse/ea>

The public is invited to submit written comments to:
Environmental Assessment Branch
Nova Scotia Environment
P.O. Box 442, Halifax, NS, B3J 2P8

on or before August 1, 2014 or contact the department at (902) 424-2574, (902) 424-0503 (Fax), or e-mail at EA@gov.ns.ca.

All submissions received, including personal information, will be made available for public review in the Nova Scotia Environment Library, 2nd floor, Halifax Office, Suite 2085-1903 Barrington St. Halifax, NS

Published by: Chebucto Terence Bay Wind Field Limited
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WELCOME TO FACEBORG

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds. "They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see the more positive your posts will be. And as you might expect, negativity breeds negativity.

We found only out because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hind-



JUST SAYIN'
Paul Sullivan
metronews.ca

sight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page. So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naive to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to

ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO



Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's

wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "'Why don't you do something on the First World War?' he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres.

"I'm delighted by this project," said Sacco, according to Le Figaro.

"I really believe in public art exhibition, because art is, by its nature, public." **THEGUARDIAN.COM**

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

- Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.
- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly-planned UN operations during the Bosnian conflict.

DRAWNANDQUARTERLY.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 10 in News, pages 12 and 14 in Scene, page 16 in Life and page 21 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The put-on-your-pants dance



ANDREW FIFIELD
andrew.fifield@metronews.ca

Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)



SCREENGRAB

DVD review



300: Rise of an Empire

Director. Noam Murro

Stars. Gerard Butler,
Eva Green

The mere existence of 300: Rise of an Empire is worthy of note, since Gerard Butler's Spartan King Leonidas and his men achieved "a beautiful victory" but sadly lost their heads in the original film. In what is neither prequel nor sequel (maybe we should call it equal), we meet the secret weapon of Rise of an Empire: Women. This highly stylized account, drawn as before from a graphic novel by Frank Miller but under the direction this time of Israel's Noam Murro, has a vibrant lead in Eva Green, playing Artemisia, commander of the Persian navy, who dresses Goth, but acts Amazon. Packing two lethal blades, she's great, giving Rise of an Empire some badly needed energy.

PETER HOWELL

Winter's Tale

Director. Akiva Goldsman

Stars. Colin Farrell, Russell Crowe

Akiva Goldsman turned the silk purse that is author Mark Helprin's original prose and storytelling into the sow's ear of this misbegotten screen adaptation. Enduring this soppy muddle is like being forced to listen at length to a crazy person at a street corner read out old Hallmark greeting cards. Major plot omissions leave us scratching our heads over many things, such as why Colin Farrell's orphan thief character Peter Lake is so hated by Russell Crowe's demonic Pearly Soames, who grunts with a bad Irish accent. PETER HOWELL

Sarandon on the road again with Tammy

In the grandmother scheme of things.

Thelma and Louise star compares notes on her new film vehicle



NED
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Metro in Hollywood

Twenty-five years after Thelma and Louise, Susan Sarandon is taking a different kind of on-screen road trip with Tammy. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like Ping Pong Summer. And even this, though it stars Melissa McCarthy, is from a first-time director.

Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do Ping Pong Summer. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to Thelma and Louise at all?

You know, it's so funny that we didn't think of Thelma and Louise. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming. We were so focused on what was going on. And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting, and I said, "Are you sure you want to do that? We're about to have another anniversary for Thelma and Louise, and I think there's going to be a lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took the car away! But while we were filming it didn't actually come up. Maybe because it wasn't as cool a car, I don't know.



Susan Sarandon and Melissa McCarthy in Tammy CONTRIBUTED

First-time director

Falcone in a Pearl of a jam

Tammy director Ben Falcone might be a first-timer, but he knows enough to pad his bench with some veteran talent, including Susan Sarandon, Kathy Bates and the film's star — and Falcone's wife — Melissa McCarthy.

You've created quite an interesting grandmother with Susan's character.

Isn't she great? Obviously she's one of the best actors in the world, truly. But she's also super-funny. She has a kind of ... I don't want to say craziness, but she has a freedom to her own life and her own way of thinking that I think she was able to tap into that brought out that kind of past history of Pearl and the depth of flavour that Pearl has, so it wasn't



Ben
Falcone GETTY
IMAGES

just like, "I'm a granny and I party." You know, instead I believe that Pearl as played by Susan Sarandon did in a non-creepy way go hang out with the Allman Brothers on tour. And you're not like, "That's weird." You're like, "Yeah, if I was the Allman Brothers I would hang out with her, too."

And apparently you had some guest writers coming in during the shoot?

That was something we unabashedly stole from Paul Feig and Judd Apatow. What they do is they have somebody who's a really funny writer, and their sole purpose is they come in for a couple of weeks at a time — and they usually switch them out to keep their takes fresh — and their sole purpose is to be there and say, "Is this as funny as it could be?" So we stole that as a model, which was fantastic.

Some filmmakers' egos might not let them do that.

I just want the best possible thing at the end of the day, and if I can get talented people to help, why on earth would I not accept their help?

NED EHRBAR/MWN IN HOLLYWOOD

AUGMENTED REALITY

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!



→ See the full instructions on Metro's Voices page.

Or as serious a story.

Right. Although I don't know, I think of Thelma and Louise as being funny up and until the end.

So far during your press tour, how many people have asked to take a selfie with you?

Nobody, nobody! Oh no, one on-camera reporter did. That's so funny that that became such a big thing. We just did it as an afterthought. We did a whole photo session of them uniting us, and there was a Polaroid, and we did do something there. And then we were doing the interview for the Hollywood Reporter, and at the end of it, I said, "Let's just do one," and we did one with my phone. (My dog) Penny tweeted it, and now it's a thing.

2
SCENE

Hollywood still exorcising its rite to terrify with tales of dark forces

Deliver Us From Evil.

Latest big-screen thriller follows a proven formula for success through fear of the unknown



IN
FOCUS

Richard Crouse
scene@metronews.ca

The spooky new supernatural thriller *Deliver Us From Evil* sees Eric Bana play a jaded NYC police officer. "I've seen some horrible things," he says, "but nothing that can't be explained by human nature."

That changes when he meets a renegade priest (Edgar Ramírez) who convinces him a plague of demonic possession has infected the Big Apple. Working together, they combat the evil forces with exorcism and faith.

Deliver Us From Evil is based on a non-fiction book of the same name authored by Ralph Sarchie (with Lisa Collier Cool), a 16-year NYPD veteran who investigates



Edgar Ramírez and Eric Bana discuss the plague of demonic possession that has infected New York City. CONTRIBUTED

"cases of demonic possession and [assists] in the exorcisms of humanity's most ancient — and most dangerous — foes," in his spare time.

"Before going out on a case," he writes, "I put aside my gun and police badge and

arm myself with holy water and a relic of the True Cross."

Sarchie's story joins a long list of exorcism movies with roots in true events.

The Exorcist, granddaddy of all possession movies, is based in part on the 1949 case

of an anonymous Maryland teen dubbed Roland Doe. The Catholic Church determined he was under a diabolical spell when things started happening — levitating furniture and holy water vials crashing to the ground — after he played

AUGMENTED REALITY

→ What to see a scene from *Deliver Us From Evil* that's downright creepy? Of course you do! Scan this photo with your Metro News app for a clip.



→ See the full instructions on Metro's Voices page.

priest and archeologist played by Max von Sydow in the movie, was based on British archeologist Gerald Lankester Harding. Blatty said Harding "was the physical model in my mind when I created the character, whose first name, please note, is Lankester."

In recent years hits like *The Rite*, starring Anthony Hopkins as a real life exorcist tutor, and *The Exorcism of Emily Rose* — with Tom Wilkinson as a priest accused of murder when a young woman died during an exorcism — are based on true events.

with a Ouija board.

Exorcist author William Peter Blatty first heard about Doe's story when he was a student at Georgetown University in Washington, D.C. in 1950. He drew from newspaper reports and a diary kept by the attending priest, Father Raymond Bishop, as the backbone of his novel.

The character of Father Lankester Merrin, the elderly

Finally in *The Possession* a haunted antique carved "Dybbuk" box, containing an evil, restless spirit, turns the behaviour of a young girl (Natasha Calis) from angelic to animalistic. The owner of the real-life box offered to send it to producer Sam Raimi but the filmmaker declined. "I didn't want anything to do with it," he said. "I'm scared of the thing."

Quoted

"I've seen some horrible things, but nothing that can't be explained by human nature."

NYPD officer Ralph Sarchie, who is played by Eric Bana in *Deliver Us From Evil*

Nikki high fives working with Quincy

The ingenue and the master. Canadian singer Nikki Yanofsky on what she's learned from Quincy Jones

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Nikki Yanofsky is the Montreal-born jazz-pop sensation who recently came under the tutelage of legendary musician-producer-composer, Quincy Jones.

The 20-year-old has already experienced more music-biz success than many ever see in a lifetime, and she's just getting started. Her goal to bring old-school throwback jazz into the 21st century is already well under way, and will only be fur-

ther solidified with the recent release of her newest album, *Little Secret*.

Yanofsky took a few moments between presenting at the Much Music Video Awards and her performance this weekend at the Montreal Jazz Festival to answer one question for me. I asked her to tell me five things she's learned from her new mentor, and here's what she had to say about working with "The Dude."

Humility. Quincy has no ego. Most of what I learn from him is just from hanging out and seeing how he is as a person. He's one of the nicest people you'll ever meet. The fact that he's so humble is just amazing when you consider his body of work. That's just who he is. One thing he always says is that you must have grace with success.

Melodic turns of phrase

"Through his travels, he managed to learn 20 different languages. He says if I can learn like 10 phrases in each language, by the time I'm his age, I'll be able to speak to anyone."

Singer Nikki Yanofsky describes one of the things she learned from working with Quincy Jones.

Never stop learning. He pushes me to learn something every day and to improve myself. It's an ongoing proposition. There's never a moment when I think I know enough, so I keep watching and listening, and I hope that never changes.

Always be yourself. Nothing will take you further than you. Everyone has their own opinions, but the only one you have control over is yourself, so trust your gut, because no one really

knows what might work and what may not. You can't predict what will be a hit and you can't chase that. Stay true to yourself, stick to your guns and go with what feels right.

Have a good time. Quincy never takes himself too seriously. It's easy to let this business get to you. He doesn't. He's always had to strive for his dream. Seeing what he's overcome and the magnitude of what he has accomplished is inspiration enough for anyone.



Legendary music producer, composer and musician Quincy Jones, with singer Nikki Yanofsky. CHRIS YOUNG/THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Don't tell Selena, but Bieber was 'getting friendly' with a model at a party

Selena Gomez may not like this. Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

"Justin walked over to Amber's private table and they began chatting," a source says. "They talked for more than 15 minutes and even exchanged numbers. She was smiling and laughing." On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa, but the former Disney star has been known to take issue with Bieber's receiving texts from female



Selena Gomez ALL PHOTOS GETTY IMAGES

pals, as she reportedly did when she found out he'd been in contact with Kylie Jenner earlier this year.

How Shia's arrest netted him a free DVD

Shia LaBeouf has at least gotten something out of his arrest for making a scene during a Broadway performance of Cabaret.

Scott Gorenstein, rep for Liza Minnelli — who starred in the film adaptation of the musical — tells E! News that he generously sent LaBeouf a DVD copy of the 1972 Oscar-winning film. "I figured he may want to find out how it ends," Gorenstein explains. LaBeouf was escorted from the theatre in handcuffs during intermission and taken into custody. In related news, video from a week before the arrest has surfaced on TMZ showing the former Transformers star outside a New York City strip



Shia LaBeouf

club trying to start a fight with an unidentified bystander. In the video, LaBeouf is seen with his fists up asking the man to punch him in the face before backing down and entering the adult establishment.

Here's one way to meet your soccer hero



Cristiano Ronaldo

Cristiano Ronaldo got quite the surprise last week when he returned to his hotel room in Brasilia, Brazil to find a 15-year-old boy waiting in his bed, according to

Globo Esporte.

The fan, Yago Leal, evaded security and gained access to the suite via the balcony, waiting for Ronaldo to return on the eve of Portugal's World Cup match against Ghana.

Leal tells the newspaper that Ronaldo posed for a photo and signed an autograph before showing him out without alerting security.

The apple doesn't fall too far from the tree

MELINDA TAUB

Metro in New York City

Hey guys! Got a case of the back-to-work blues? Here's something to put things in perspective, namely a chilling reminder that addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself.

Robert Downey Jr.'s son was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passen-

ger in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on \$10,000 US bail.

Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Downey Jr.'s been in recovery since 1993, which already makes him a more together dad than his own father, it sounds like. Hopefully he can help his son avoid treading in his father's and grandfather's footsteps.

**SCOTIA SQUARE
DOWNTOWN HALIFAX**
ScotiaSquare.com/TheMix

Gigandet remembers O.C. cast as 'miserable'

Outside of minesweeping in Afghanistan, being a guest star on a teen drama in its third or fourth season has to be one of the worst jobs there is.

By then, everyone seems to hate each other and the show and the fact that they're not movie stars yet (the things we've heard about the latter days of Gossip Girl would curl your hair), and outsiders are bound to get caught in the crossfire.

That's what Cam Gigandet claims happened to him when he guest starred on The O.C. "Ben McKenzie was kind of mean to me. I hadn't done anything at that point and he was a little bit of an ass," he told Elle. "But I love him. I think he's a great actor and I love Southland."

Apparently, McKenzie wasn't the only one making trouble. "I learned a lot. But the things that I remember now — none of them are



Cam Gigandet

good. It was only the third or fourth season. Those kids were f—king miserable. They were just — they would not remember their lines on purpose. They were young," Gigandet says.

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Why not try some island hopping in New York City?

Day tripping.

Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

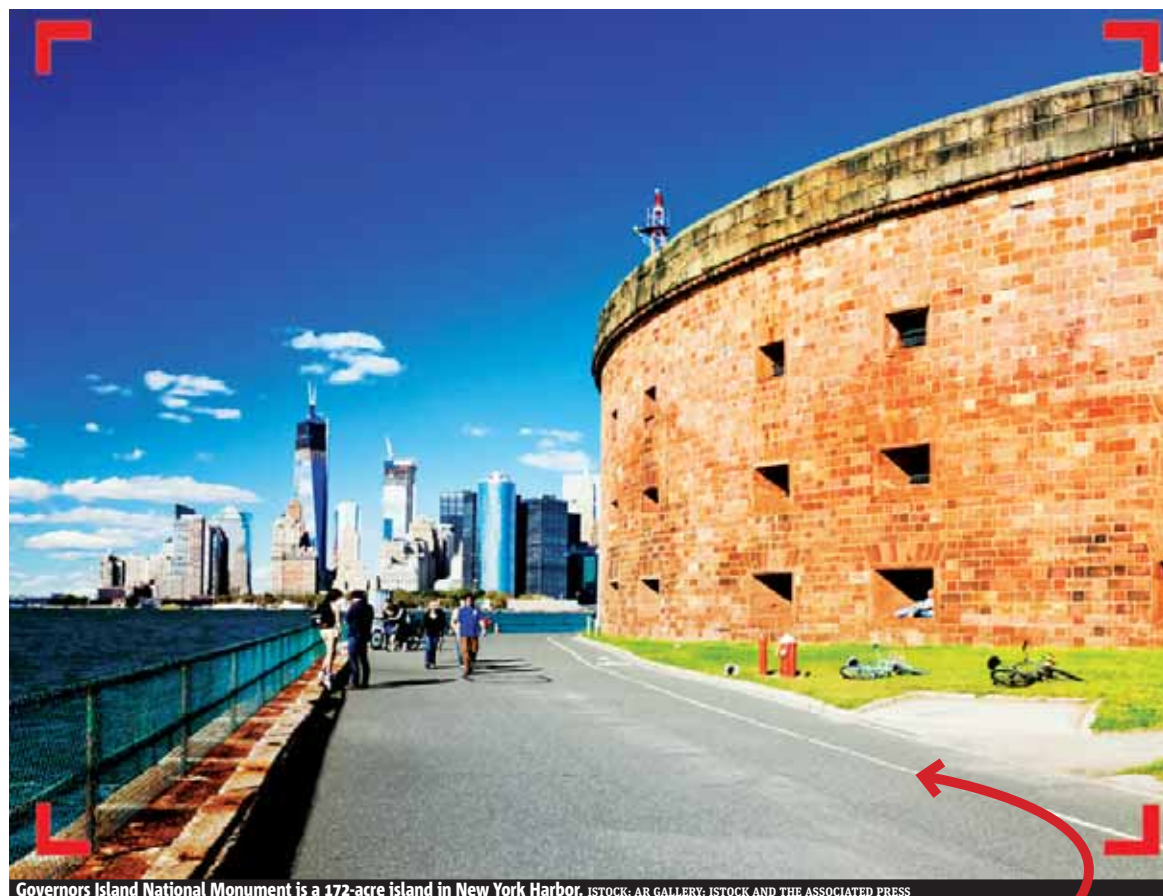
Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water.

Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811.

The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree.

It takes less than an hour to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry



Governors Island National Monument is a 172-acre island in New York Harbor. ISTOCK; AR GALLERY; ISTOCK AND THE ASSOCIATED PRESS

or rent bikes, tandem bikes and surreys on the island.

The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, \$2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, \$2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with



Sightseers ride the aerial tramway from Roosevelt Island to NYC. ISTOCK

great views of Manhattan across the way.

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks at like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s.

The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in

1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time."

An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the

Empire State Building, United Nations, Chrysler Building and 1 World Trade Center.

The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.



London bridges all around

Across the ages. New exhibit celebrates the legacy of the bridges of England's capital

London is a city of bridges, but it's not a City of Bridges. It has never been graced with the elegant arches of Venice or Paris.

A new exhibition wants visitors to look again, peering on, under and even inside the structures spanning the River Thames. Without bridges, the show argues, London as we know it would not exist.

"Bridges can often make a city what it is," said Lucinda Grange, an adventure photographer who sneaked inside London Bridge and took images that appear in the exhibition of artworks at Museum of London Docklands. "What would New York be without Brooklyn Bridge?"

Yet London's most famous bridge is also the biggest let-down. London Bridge — of "falling down" nursery-rhyme fame — is a dreary concrete-and-steel structure that has been disappointing tourists since it opened in 1973. The ancient London Bridge is long gone, and a 19th-century version is now a tourist attraction in Lake Havasu City, Ariz.

Many visitors confuse London Bridge with the more impressive Tower Bridge, whose picturesque towers grace countless postcards.

The first version of London Bridge was built by Roman



Tower Bridge, above, is often confused with London Bridge. ISTOCK

invaders in about AD 50. For 1,700 years it was the city's only bridge. Today London has 35 bridges, but with a few exceptions — pastel-painted Albert Bridge, silver spear-like Millennium footbridge — they are utilitarian rather than beautiful. London is a city of relentless change, and many of the structures haven't lasted long.

As a result, there is something ghostly about some of the

paintings and photographs in the exhibition. One early photograph, taken in 1845, shows the Hungerford suspension bridge built by pioneering engineer Isambard Kingdom Brunel. It's doubly haunting — the bridge lasted little over a decade, and the photo is so fragile that it will be displayed in a darkened room. Visitors can switch on a light to take a quick look at it.

Exhibition curator Francis

Marshall said he was inspired by odes to bridge beauty such as William's Wordsworth's Composed Upon Westminster Bridge, which begins: "Earth has not anything to show more fair."

"When you're on a bridge, that's when you see London," Marshall said.

"That's when you feel, 'Now I live in London.'"

THE ASSOCIATED PRESS

Dubai. Spectacular underwater park in the works

Plans are moving forward to build the largest underwater tourism attraction in the world in Dubai: the theme park is set to include scuba diving and snorkelling in a space modelled after the mythical Lost City of Atlantis.

Pearl of Dubai, which is to be developed by the same outfit that has designed sets for blockbuster movies like Avatar and Pirates of the Caribbean, is being billed as the world's largest sustainable underwater tourism site. It will stretch across five acres off the city coast, reported emirates247.com.

Los Angeles-based underwater developer Reef Worlds made the official announcement last week. The park's artificial reef will be built in the shallow waters of The World islands, and will aim to foster marine life with colonies of algae and soft coral.

AFP



An artist's rendering of the Pearl of Dubai underwater theme park. REEF WORLDS

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How-to

Ready your stomach for travelling

Twenty-four hours before you get on a plane:

1. Skip the ceviche, the tuna tartare — any raw fish or meat.
2. Take a pass on burritos, hot sauce, jerk wings, etc.
3. Keep alcohol intake to a dull roar to avoid dehydration and heartburn.
4. No heavy pastas, giant steaks or anything greasy.
5. Avoid gassy foods such as cabbage or beans.
6. Soda pop just bloats your already bloating body even more.
7. Some experts say fasting before a flight helps fight jet lag. Plain toast, anyone?

DOUG WALLACE/METRO



Trend

The vacation within a vacation

Multiple-destination travel used to only be enjoyed by either the wealthy or the carefree who had time on their hands and a pack on their back. The rest of us simply picked a vacation spot, went there and came home. The latest travel trend in this age of online custom-holiday curation is to either extend a layover, with a day or overnight in a connecting city to break up the monotony of a long flight, or to combine a quiet stint on the beach with a mad weekend in the big city first. You get to experience a whole different leg of your journey, without doubling the price.

DOUG WALLACE/METRO



Update

Thailand slowly returns to business as usual

With the recent lifting of the midnight to 4 a.m. curfew in Thailand, the tourism industry there is breathing a collective sigh of relief since the events of May's military coup and the subsequent civil unrest. The Canadian federal government is still listing advisories for the Surin and Sisaket provinces, as well as the southern provinces of Narathiwat, Pattani, Yala and Songkhla. Check with travel.gc.ca/destinations/thailand before making any plans.

DOUG WALLACE/METRO



Oh Canada! We're one quirky nation



ON THE MOVE
Loren Christie
life@metronews.ca

In honour of Canada's 147th birthday, I thought it would be fun to celebrate our quirky side by testing your knowledge of our country's most unique tourist destinations.

1) Which province is home to the world's largest Ukrainian Easter egg, badminton racket and piggy bank?

- a) Manitoba
- b) Prince Edward Island
- c) Alberta

2) At the top of Whistler, B.C.'s Peak Express Chair there is a collection of what popular child's toy?

- a) Rubber ducks
- b) Teddy bears
- c) Gameboys

3) At Domaine Pourki on the Richelieu River, just 35 minutes from Montreal, you can stay overnight on the water sleeping in what kind of accommodation?

- a) Igloos

- b) Teepees
- c) Tents

4) Which province is home to the towns of Heart's Delight, Heart's Desire and Heart's Content?

- a) Newfoundland
- b) New Brunswick
- c) Ontario

5) Which Alberta town has become a pilgrimage site for thousands of Star Trek fans?

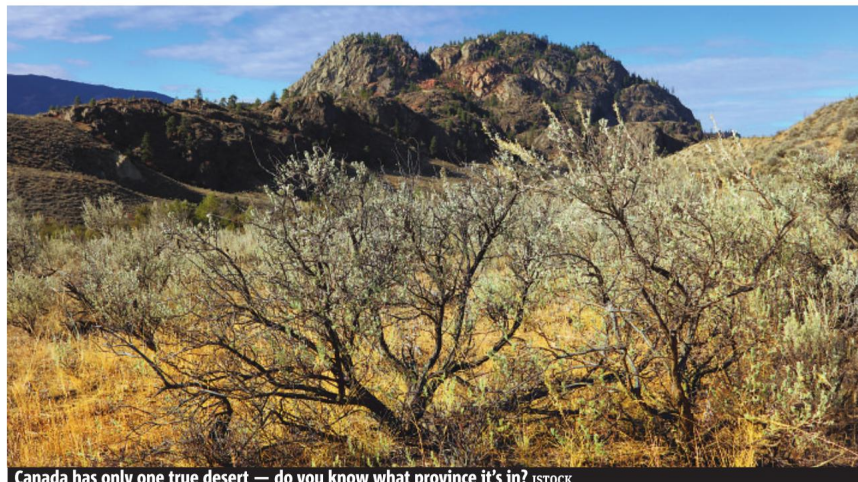
- a) Kirkville
- b) Klingon
- c) Vulcan

6) The Glass House on the East Shore of Kootenay Lake in British Columbia was built from more than half a million discarded glass bottles. What did they once contain?

- a) Milk
- b) Mountain Dew
- c) Embalming fluid

7) Crooked Bush near Hafford, Sask. is a group of wild aspen trees that twist, loop and bend into a surreal looking forest. University research has concluded this is a result of:

- a) A genetic mutation



Canada has only one true desert — do you know what province it's in? ISTOCK

- b) Clay in the soil
- c) Strong winds

8) In which province can you grab a coffee or bite at one of these fancifully named establishments: The Dancing Goat, The Laughing Whale, The Dancing Moose or The Prissy Pig?

- a) Quebec
- b) Alberta
- c) Nova Scotia

9) Old City Hall in which city is an architectural oddity that contains references to the Masonic order, Celtic mythology and some less than flattering images of the sitting mayor (at the time of construction) by the architect, E.J. Lennox?

- a) Winnipeg
- b) Toronto
- c) Charlottetown

10) Which province is home to Canada's only true desert, complete with sagebrush, cacti and tarantulas?

- a) British Columbia
- b) Newfoundland
- c) Ontario

Answers: 1-c, 2-a, 3-b, 4-a, 5-c, 6-c, 7-a, 8-c, 9-b, 10-a

Bucket list

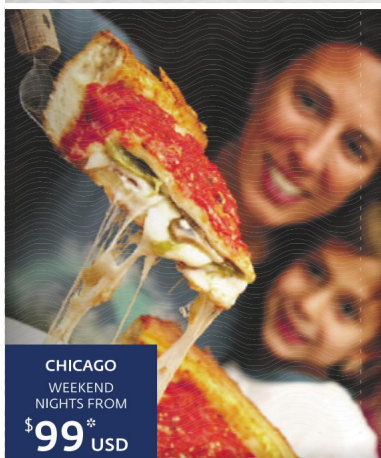


A wander through the Azores

The nine islands that make up the archipelago of the Azores used to be one of Europe's best-kept secrets. Lush and green despite being made up of 1,766 volcanoes, this autonomous region within the Portuguese state has made great gains since the 1970s, when it was still a relatively poor fishing outpost. Island life in the Azores teems with opportunities for visitors to sail, dive, go deep-sea fishing and explore more than 120 geotourism sites — everything from volcanic caves and ravines to hot springs. The best time to go is August and September. Check out flights from Toronto or Montreal to Ponta Delgada via SATA airlines at sata.pt.

DOUG WALLACE/METRO

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Tightening the LinkedIn chain

Social media success. Get ready to unleash the power of this professional platform using two easy tricks

LAUREN MARINIGH
TalentEgg.ca

A quality LinkedIn profile is arguably just as useful as a great cover letter and resumé. This is especially true if you're looking to network

and build your personal brand.

Yet many would-be hires are making simple LinkedIn mistakes without even realizing it.

Avoid all of that and prepare to impress future employers instead.

Here are two common LinkedIn 'Don't's' and advice on how you can build your online presence.

A lacklustre headline

Your profile needs a solid and engaging headline; it's the first thing people see after your photo.

By default, your headline will appear as the title of your current position. Avoid this. Think of the terms that future employers may be searching for when looking for someone with your skills. Do some research to get started.

Don't try and write the perfect headline in one go — brainstorm ideas and write as many as you can before fine-tuning and making your decision.

Staying silent

Like any social media platform or networking re-

source, you need to invest time and energy in LinkedIn to see results. While your employment information may not change on a regular basis, you should update your status and get involved on LinkedIn on a regular basis.

You can share valuable and interesting articles you read, comment in LinkedIn group discussions, and share your input on other people's statuses. This activity keeps you on the radar of those inside and outside of your network and builds your presence in other



people's newsfeeds.

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Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN MARINIGH
TalentEgg.ca

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

Not being prepared

This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling you, be ready well in advance.

Double-check you have

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up (notebook, resumé, job description, etc.).

Not acting professional

Remember that every interview is a professional undertaking, even if it isn't conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person interaction.

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Do not eat or drink during your interview, and make sure that you are in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you are using the phone for an interview



Put yourself in professional mode when chatting to your potential employer by picking yourself up out of bed and docking yourself at a desk. ISTOCK

— this way, you won't get your parents picking it up in another room, awkwardly interrupting.

Other things that can help put you in the professional mindset include sit-

ting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively

Just like you would in an in-

person interview, ask questions. Always have a list prepared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get

Twitter

TalentEgg #QuestionoftheDay: Everyone has a childhood dream job for when they "grow up." What was yours?

@SamBoucher24 •••••
Ballerina-still like to dance!

@KaryAyy •••••
News Anchor!

@Recruit_Campus •••••
Can't remember...I'm too old (losing my memory) but I am doing my dream job now @RBC4Students!

@thatsomanpreet •••••
Access/Talk Show Host

@amreenazam •••••
I always dreamed about being an engineer! (inspired by my dad)

@RisaTran •••••
my childhood dream job was a Marine Biologist, thanks to Free Willy of course. #QuestionOfTheDay

a better idea of the work environment, and whether you could see yourself working there.

Don't forget to close by thanking the interviewer before saying goodbye.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Enjoy dinner out in the open

Open-Face Chicken Sandwich. This simple meal is not only filling, but offers up a wide range of textures that will make it a favourite



DINNER EXPRESS
Emily Richards
food@metronews.ca

This sandwich used to be a big favourite when I worked in restaurants. Packed with fibre and spiked with a tangy spread, it will keep you going for the rest of the evening.

Besides, in the hot summer weather, sandwiches are a great dinner option.

Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal.

To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Make the most of summer by keeping cool in the kitchen and enjoying delicious food outside.

Also, try grilling up some extra chicken one night to enjoy another time.

It takes no effort at all to have extra protein grilling while dinner is being prepared so you can plan ahead for the next night or even a fabulous lunch.

1. Sandwich Spread: In a small bowl, stir together the Greek yogurt balsamic vinegar, cooked and finely chopped egg, minced

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Cooking tips

- **Grill Option:** Place baking sheet over medium high heat on the grill; close lid until cheese melts.
- **Keep it healthy:** Using Greek yogurt instead of mayo helps keep this sandwich spread low in fat but adds great protein.
- **Speed it up:** For a quick option, pick up a coleslaw mix instead of shredding your own cabbage.

Ingredients

Sandwich Spread

- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich

- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss cheese



**START TO FINISH
ABOUT 20
MINUTES**

This recipe makes four servings. EMILY RICHARDS

bell pepper and Worcestershire sauce. Divide evenly among bread and spread.

Top with chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place the prepared sandwiches on a baking sheet and bake them in 400 F (200

C) oven for about 10 minutes or until the cheese melts and bread is slightly toasted.

Defining 'hearty salad'

1. Heat a grill to high. Set a perforated grilling pan on the grill directly over the heat source.

2. In a small bowl, whisk

together the lemon juice, 2 tablespoons of the olive oil, the garlic, oregano, cumin, salt and pepper. Set aside.

3. In a medium bowl, com-

bine the onion, bell pepper, chickpeas, garlic powder, smoked paprika and 1 tablespoon of oil, tossing to coat evenly. When the grilling pan is very hot, transfer the mixture to the pan. Cook, stirring often, until the onions and peppers are lightly browned and tender, 8 to 10 minutes. Transfer the mixture to a clean serving bowl. Set aside.

4. In a bowl, toss the croutons with the remaining 1 tablespoon of oil. Place the croutons directly on the grill grate. Cook, turning often, until lightly browned and crisp. Use tongs to transfer



This Grilled Chickpea Salad with Red Onion and Sourdough serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

the croutons to the bowl of chickpeas and vegetables. Add the arugula, then toss

well to slightly wilt the arugula. Drizzle the dressing over the salad, then toss

again to coat. Divide between 6 serving plates.

THE ASSOCIATED PRESS

Ingredients

- Juice of 1 lemon
- 4 tbsp olive oil, divided
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 large red onion, cut into thin rounds

- 1 large red bell pepper, cored and cut into strips
- 15-oz can chickpeas, drained
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 loaf (about 19 ounces) sour dough bread, cut into 2-inch croutons
- 5-oz container arugula

Tennis

Raonic, Bouchard rising at Wimbledon

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a win Tuesday.

Bouchard made her way there on Monday with a defeat of Alizé Cornet. She will face off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova.

THE CANADIAN PRESS

MLB

Hutch clutch as Jays end 3-game skid

Drew Hutchison had a season-high 10 strikeouts over seven innings as the Toronto Blue Jays ended a three-game losing skid with a 4-1 victory over the Milwaukee Brewers on Tuesday afternoon at Rogers Centre.

THE CANADIAN PRESS

Big names shipped out on Day 1 of free agency

NHL. Miller, Spezza, Vanek, Richards lead flurry of high-profile deals around the league

NHL teams wasted little time shelling out almost half a billion dollars on the first day of free agency, shifting the league's landscape in the process.

The Vancouver Canucks signed Ryan Miller to an \$18-million US, three-year deal, suggesting they may not be in rebuilding mode as much as everyone thought, while the Buffalo Sabres significantly improved their young roster with Brian Gionta, Matt Moulson and Josh Gorges and look less like a team gearing up for a run at the first overall draft pick in 2015. Meanwhile, the Ottawa Senators, in trading Jason Spezza to the Dallas Stars, took a step back from the edge of the playoffs.

By getting Spezza and signing Ales Hemsky, the Stars have moved toward the top of

Moving up

"He is a ferocious competitor. He is focused, he is intense. He wants to win."

Canucks GM Jim Benning, on Ryan Miller

a fiercely competitive Western Conference.

"To be one of the elite teams, you've got to become that, and we knew we had to get even better," general manager Jim Nill said on a conference call. "We think we've kept up to them. We still think we have a ways to go, but over the course of last season we thought we matched up very well against these teams."

The Stars were joined in that quest by the Minnesota Wild, who inked top free agent Thomas Vanek to a \$19.5-million, three-year deal. Two years ago, the Wild signed defenceman Ryan Suter and forward Zach Parise, and after adding Vanek, look like they could come close to challenging the Chicago Blackhawks, Los Angeles Kings and Anaheim Ducks in the West.

"It takes good players to get good players, and we're starting to get some good players here," Minnesota GM Chuck Fletcher told reporters in St. Paul, Minn.

A lot of good players signed on Day 1, including centre Paul Stastny getting a \$28-million, four-year deal from the St. Louis Blues as a direct answer to the Stars' trade for Spezza and the Anaheim Ducks' trade for Ryan Kesler last week.

The Avalanche signed Jarome Iginla to a three-year, \$16-million deal.



Brad Richards was bought out by the New York Rangers and signed with the Chicago Blackhawks Tuesday. HARRY HOW/GETTY IMAGES FILE

As those dominoes fell, the Chicago Blackhawks also got their No. 2 centre in the form of Brad Richards, who signed at a bargain-basement price of \$2 million after being bought out by the New York Rangers.

Top defenceman Matt

Niskanen got the richest deal of the day at seven years and \$40.25 million from the Washington Capitals, who also gave his former Pittsburgh Penguins teammate Brooks Orpik five years and \$27.5 million.

THE CANADIAN PRESS

U.S. sub-marined by Belgium in extra time

Kevin De Bruyne turned a heroic night for U.S. goalkeeper Tim Howard into defeat on Tuesday with an extra-time goal and an assist that gave Belgium a 2-1 victory and a quarter-final match against Lionel Messi and Argentina.

With three extra-time goals in a thrilling match, De Bruyne and substitute Romelu Lukaku gave Belgium a big lead before Julian Green closed the gap with 12 minutes to go.

"For my heart, please don't give me too many games like this," said Belgium coach Marc Wilmots.

Belgium's unyielding attacks for 90 minutes on Tuesday only highlighted the great performance of the 35-year-old Howard, but the U.S. finally wilted in the evening heat once extra time came.

Three minutes in, Lukaku found space on the right and



U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. Scan the image with your Metro News app to view more images of the day's action.

LAURENCE GRIFFITHS/GETTY IMAGES

passed into the centre. At first, the ball was poked out before

De Bruyne gained possession. Belgium's creative genius had

the energy for a sharp move and his low shot missed the yellow foot of Howard and settled inside the post.

"The levee is going to break at some point," said Howard.

In the 105th minute, Belgium looked like it had put the game away. De Bruyne launched Lukaku into open space on the left and the Everton striker beat his club teammate Howard with a drive to the near post.

The Americans got late hope when Green pulled one back in the 107th with a sterling volley on the turn that Thibaut Courtois could only touch before he saw it fly into his net.

With almost no work at all in 120 minutes, Courtois turned out to be more decisive than Howard had been, stopping a late flurry for the equalizer from the Americans. THE ASSOCIATED PRESS

Messi sent an Angel

Argentina's theme at this World Cup seems to be scrappy wins, with Lionel Messi pulling through at the last minute to save the day.

- This time he didn't score on his own, but set the stage for Angel Di Maria to score in extra time against Switzerland in Argentina's 1-0 win Tuesday.



Kuchar lauds 'awesome' Ashburn

Star. PGA Tour stars tee it up as part of GOLFest

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

A Canadian flag marked the 18th hole at the new Ashburn Golf Club as eight of the world's top golfers completed the course nestled in Windsor Junction under idyllic early evening summer skies Monday.

Team Canada fell to Team World at the inaugural RBC Canada Cup, just one of several events taking place this week in conjunction with GOLFest Nova Scotia.

Yet there was plenty of red and white pride to go around, with some spectators wearing maple-leaf-speckled pants and umbrella hats, and others clapping enthusiastically for Team Canada golfers Graham DeLaet, David Hearn, Adam Hadwin and Mike Weir.

Matt Kuchar, Trevor Immelman, Manuel Villegas and Gary

Woodland represented Team World, in what was a PGA Tour star-studded event that had hundreds of fans filtering through clubhouse doors and filling the gallery at what's referred to as Ashburn Golf Club's "new course."

"What an awesome golf course," seven-time PGA Tour winner Kuchar told the crowd after his team was presented with the white-frosted trophy made by NovaScotian Crystal.

"We were commenting today ... how much fun this was," he said. "This was like a throwback to the old exhibitions."

Although "it wasn't a great day" for Weir and teammates, the 2003 Masters champion agreed "it was a great time (and a) great bunch of guys."

Long-time Ashburn Golf Club members Pat Criddle, June O'Brien and Vi Quigley are thrilled to have some of the biggest names in golf teeing off in their own backyard.

"It's kind of exciting to see all the pros," Criddle said.

All were hoping to have the chance to rub elbows with



American Gary Woodland hits out of the bunker for Team World on Monday for the RBC Canada Cup. COURTESY MONA GHIZ

some of the guys that hit the greens Monday.

"Oh yes, Kuchar naturally,"

O'Brien said, inciting a round of giggles.

"This is great advertisement

for our club," Quigley said, pointing out that this week's Nova Scotia Open, which runs

What's on "fore" GOLFest

- **Wednesday.** Nova Scotia Open Pro-Am
- **Thursday.** Nova Scotia Open (Round 1)
- **Friday.** Nova Scotia Open (Round 2)
- **Saturday.** Nova Scotia Open (Round 3)
- **Sunday.** Nova Scotia Open (Final Round)

Thursday through Sunday, will air on The Golf Channel.

GOLFest action also includes the Nova Scotia Open on Thursday through Sunday. The Nova Scotia Open is the only Web.com Tour event in Canada this year, a stepping stone on the road to the PGA Tour.

"I think all the players are really going to enjoy the club," Weir said of what's in store for Web.com Tour golfers. "It's a thrill to see all the young guys coming up the ranks."

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"Number one job site" based on five-month average online job postings for period ending May 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

2015 Ford Fiesta ST

- **Type.** Five-door, front-wheel-drive subcompact hatchback
- **Engines (hp).** 1.6-litre inline four-cylinder (197)
- **Transmission.** Six-speed manual
- **Base price.** \$26,064

Market position

Well-known European “hot hatch” now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford’s global performance badge.

Points

- One of the quickest “little” cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground than other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km



The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

PHOTOS: MIKE GOETZ



Compare

PHOTOS: CONTRIBUTED



1 Fiat 500 Abarth
Base price: \$26,190
Fiat 500’s performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.



2 Mini Cooper S
Base price: \$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.



3 Chevrolet Sonic RS
Base price: \$25,645
Not in the same performance league as the others, but lots of bang for the buck.

Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It’s a completely different animal.

MIKE GOETZ
drive@metronews.ca

The Ford Fiesta ST is a great “hot hatch” in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our new five-door ST doesn’t look

quite as cool as Europe’s new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Block.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in “hurt your eyes” red. These seats are super firm and have huge side bolsters.

The ST is the most expen-



The ST features a 6.5-inch LCD screen and an 80-watt stereo.

sive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is

available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain

sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff “summer” performance tires can’t help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

5 DRIVE

Shift: See world in a new way with glasses that identify charging stations, tomatoes as car parts

You say tomato, I say saucy car parts

Ford and Heinz are studying the potential use of turning waste tomato peel into vehicle parts, reports emerging technologies website Gizmag. Their investigation stems from Heinz's attempts to find new uses for byproducts (peel, stems and seeds) that go to waste when turning tomatoes into ketchup. Waste savings could be significant, given that Heinz turns more than two million tonnes of tomatoes into ketchup every year. The basic process to make vehicle parts involves crushing the peel into pulp before turning it into tomato fibre pellets and mixing with other undisclosed materials. The result is completely odourless, though researchers report that it does smell like pizza during the moulding process.



When Heinz makes ketchup, it doesn't use the peels. Could they be turned into vehicle parts?

ALL PHOTOS AND TEXT WHEELBASE MEDIA

Honolulu site of most congested highway in U.S.: Google Maps

The most congested highway in the United States isn't in California, nor is it in New Jersey, as one might expect, even if California roadways occupy three of the top five places. According to Google Maps it's in the most unlikely of paradises: Interstate H-1E, Kalihi-Palama in Honolulu, Hawaii. Hellish on the best of days, the Honolulu highway tops Google's lists of most congested roads and cities in all the United States. California holds spots two and three with Interstate 5N in San Diego and California 2E in Los Angeles and rounds out No. 5 with U.S. Highway 101 Hollywood. The top five most congested cities are Honolulu, Chicago, Ill., New York City, N.Y., Los Angeles, Calif., and Boston, Mass., respectively.



While Hawaii is a tropical paradise, getting around Honolulu on the island of Oahu is the opposite of paradise.

Shift points

- The Union of Concerned Scientists found that 42 per cent of U.S. households with a vehicle could meet their driving needs using one of the electric cars currently available.
- A new app for the Google Glass wearable computer by software developer SemaConnect helps electric-vehicle drivers find places to re-charge. It allows drivers to locate the nearest charge station within about 30 kilometres, then finds it through turn-by-turn directions.



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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of \$16,385 for a new and unregistered 2014 Jetta 2.0L base model with 5-speed manual transmission, including \$1,395 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments of \$84. \$0 down payment. Cost of borrowing is \$0 for a total obligation of \$15,285. PPSSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Available on the last run of 2014 Jetta models manufactured. Some 2014 Jetta models may remain in stock without the standard rear view camera / Premium 8 touch screen stereo / 3 months of free SiriusXM radio with limited complimentary subscription. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end July 31, 2014 and are subject to change or cancellation without notice. Model shown: 2014 Jetta 1.8L Highline, \$25,490. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "SiriusXM", the SiriusXM logo, and channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. "Volkswagen", the Volkswagen logo, "Das Auto & Design" and "Jetta" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

3 of the screen's slickest black rides

Recently released pics of the next edition of the Batmobile have already upstaged the news that Ben Affleck will be the next Batman. But will the latest version of caped crusader's rocket-fuelled Gotham street racer be the coolest dark ride on screen? When it comes to black cars, the competition is pretty steep.

MIKE DOJC
drive@metro.ca

1965 Lincoln Continental Convertible

Entourage

Turtle drives this 1965 Lincoln Continental convertible with Vince shotgun and Drama and E in the back during Entourage's opening credit sequence. As this 5,500-pound steel car star cruises down neon-flecked Sunset Boulevard, we get lingering glances at everything from the hood ornament, chrome body trim, and prominent taillights to the ride's vaunted rear suicide doors.



1990 Porsche 911 (964) Carrera Cabriolet

Californication

True to Californication, during the test drive of this later model of his go-to car, Hank Moody (David Duchovny) and the car saleswoman find themselves joining the sex-in-the-front-seat-of-a-sports-car-that-can-go-0-60-in-under-six-seconds club. The Porsche upgrade doesn't go all well. Later in this Season 1 episode, he's carjacked and goes back to his trusty 1990.



1983 GMC Vandura

The A-Team

A four-man crack commando unit of Vietnam vets for hire required a set of wheels as badass as the series breakout star who drove it. B.A. Baracus (Mr. T) probably pitied the fools and suckas tooling around in plain-Jane Ford Econoline vans. The iconic black-and-metallic-grey



Chevy van with red turbine mag wheels and a defining red stripe was perfect for chasing down baddies, making insane car jumps, and stowing an endless supply of Hannibal's crazy disguises.



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1 & 11 Drysdale Rd.
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Horoscopes

Aries

March 21 - April 20

You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

Taurus

April 21 - May 21

Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

Gemini

May 22 - June 21

You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

Cancer

June 22 - July 23

For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

Leo

July 24 - Aug. 23

Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

Virgo

Aug. 24 - Sept. 23

What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

Libra

Sept. 24 - Oct. 23

Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

Scorpio

Oct. 24 - Nov. 22

You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

Sagittarius

Nov. 23 - Dec. 21

Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

Capricorn

Dec. 22 - Jan. 20

What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

Aquarius

Jan. 21 - Feb. 19

Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

Pisces

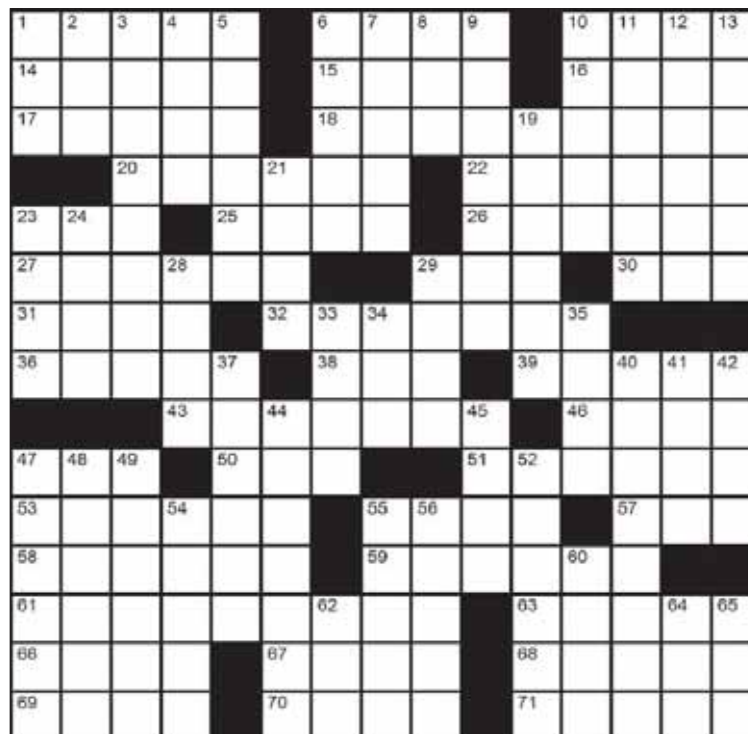
Feb. 20 - March 20

Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Fast food gig, colloquially
- "___ surprised as you!"
- Group
- Tacky
- "America's Got Talent" host Mr. Cannon
- 'Chick' suffix
- Divvy up
- ___ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
- Warders at the Tower of London
- Looked
- Play part
- Broad
- One of Canada's 'Famous Five', Irene ___ (b.1868 - d.1965)
- Brings forth
- Ms. Streep, to pals
- 'Lion' suffix
- Magazine like Glamour
- Distinctly
- Curious sort
- Dinghy director
- Like a lotus position
- Aquatic bird
- Baie-D'___ (Montreal suburb)
- ___ Lanka
- Sixers
- From longest ago
- Soldier-to-Sergeant reply: 2 wds.



- Concept
- ___-hoo!
- Squashes
- P.K. ___ (Montreal Canadiens player)
- Largest mammal: 2 wds.
- Honda car
- Certain cheers
- Mr. Hershiser

- Guitar ___
- Vega constellation
- Drenches
- Cranky

Down

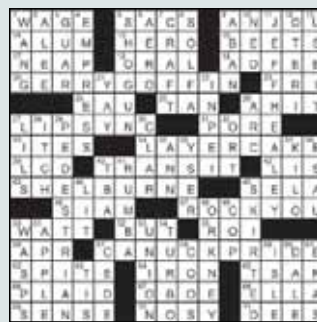
- Booker T.'s backup
- Pen part
- "Guns + Ammunition" is by what To-

- ronto band?: 2 wds.
- Garfield's pal
- Ottawa, formerly
- ___ a deal
- Global TV's "Rookie Blue" actor, Travis ___
- Expert
- "Gilligan's Island" character
- Canadian journal-

- ist Morley
- Gertrude ___ (1926 English Channel swimmer)
- Hollywood's humans
- 26th Pres. Mr. Roosevelt's
- Almost
- Catchall category,

- curtly
- On the ocean
- Mil. ranks
- "Pee-___ Big Adventure" (1985)
- Crumbly soil
- Bonfire needs
- Perrier, par exemple
- "___ better believe it!"
- Critique
- ___ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
- "Assuming that's true...": 2 wds.
- Tip to 'logy' (Study of whales and dolphins)
- Snowbirds display: 2 wds.
- Songstress Lisa
- Icon
- Truly
- Royal Canadian Mint, coins-___
- Canadian brewer
- "___ Lady" by Tom Jones
- Little land-on-water
- Sword fights
- Missed ___ (Thespian's mistake)
- "Right you ___!"
- Soak flax
- 'Diction' suffix-ean contraction

Monday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	6	8	3	2

8				4		1	3	
	9			8	5	7		
					2			
	7	3				9		1
6								3
9		2				4	8	
				9				
		5		3	7		6	
	1	9		8				4

Today

28°/19°
Partly cloudy

Thursday

27°/18°
Partly cloudy

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AUTO, A/C, POWER GROUP, AWD,

~~\$27,509~~ FROM **\$22,990*** **\$0** DOWN

**SAVE
\$4,519**

**8
LEFT**

\$136* BW

**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI SANTA FE

PREMIUM AWD, AUTO, A/C, POWER GROUP, AWD,

~~\$32,159~~ FROM **\$25,990*** **\$0** DOWN

SAVE \$6,160

**3
LEFT**

\$153* BW



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI ACCENT GL

4 DOOR, AUTO, A/C, POWER GROUP

~~\$18,244~~ FROM **\$13,990*** **\$0** DOWN

SAVE \$4,254

**13
LEFT**

\$83* BW



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI ELANTRA GL

4 DOOR, AUTO, A/C, POWER GROUP,

~~\$21,094~~ FROM **\$15,990*** **\$0** DOWN

SAVE \$5,104

**5
LEFT**

\$95* BW



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI SONATA GLS

AUTO, A/C, POWER GROUP,

~~\$27,649~~ FROM **\$17,999*** **\$0** DOWN

SAVE \$9,650

**3
LEFT**

\$122* BW

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